# **GYMNASTICS**

The Cobb Gymnastics Center offers all levels of instructional gymnastics classes for boys & girls ages 2 years through high school. Cheer Tumbling classes are also offered.

Gymnastics Center Coordinator Hoylene Noble 770-528-8475 Hoylene.noble@cobbcounty.org Aquatics / Gymnastics Manager: Bob McCallister 770-528-8471 Robert.mccallister@cobbcounty.org

#### **FACILITIES**

The Cobb Gymnastics Center is located behind the Cobb Civic Center in the Larry Bell Fitness Complex at the intersection of South Marietta Parkway and Fairground Street.

Cobb Gymnastics Center 542 S. Fairground Street SE Marietta, GA 30060 770-528-8475

Office hours: Monday-Friday 9:30 am - 8:30 pm

Saturday 9:00 am - 3:15 pm

Registration hours: Mon-Thur. 10:00 am-6:30 pm

Friday - 10:00 am - 5:00 pmSaturday - 9:30 am - 1:00 pm

#### REGISTRATION

ON-LINE Registration begins at <u>3:00 PM on SATURDAY, May 12, 2012</u>. (Please note the day change to Saturday.)

www.prca.cobbcountyga.gov

YOU MUST GET YOUR PIN and Login ID numbers **PRIOR** to the first day of registration. **NO** numbers can be given out the first day of registration.

WALK-UP Registration at the Gymnastics Center: 3:00-5:00 PM on SATURDAY, May 12, 2012.

**TELEPHONE registration** begins **MONDAY**, **May 14, 2012**. Phone registration is taken Monday-Friday **10:00 a.m. to 3:00 p.m.** 

**All NEW student registration** must be done in person at the Gymnastics Center, **OR** you may come by the Gymnastics Center office prior to the registration date to be entered into our computer system and receive your EZ-Reg Log-in ID number and your PIN number for on-line registration.

All registration AFTER the start of a session must be done through the Gymnastics Center.

\*\* We have a large number of people trying to register on-line when registration opens. This sometimes causes back-ups with credit card processing. Please be patient. The system is operating, just very busy.

#### **Payment Methods**

Check, Money Order, Visa, MasterCard, Cash accepted. When paying in cash, please have EXACT change. Full payment must be made at the time of registration. (Please note: there is a \$25.00 charge on returned checks.)

#### **ADA**

In order that the department assures compliance with the Americans with Disabilities Act, if you have a specific physical or service accessibility need, please make the staff who work with the program/facility aware so that we can reasonably accommodate your need.

#### **FEES**

45-minute classes	\$ 8.00/class
(Tumble Tots, Tumble Kids, Gym Kids)	0.40.00/-1
55-minute classes	\$ 10.00/class
(Girls classes, Boys classes,	
Cheer classes)	
1 1/2- hour classes	\$12.00/class
(Girls & Boys Level 4)	
2-hour classes	\$14.00/class
(Girls Level 5/6)	

#### REFUND POLICY

Registration fees are 100% refundable when the department cancels the activity. A Participant wishing to withdraw from a class that has **not** been cancelled by the department must provide a written request at least 7 days before the scheduled start of the class. They may receive 100% credit to the family's account or may request a refund. Within the week prior to the scheduled start of a class refund/credits will not be given except for verified medical/hardship cases.

#### **GENERAL INFORMATION**

#### Student Age

Child must meet age requirements of class within one month of the start of the class. **Any exceptions** to this must register in person at the Gymnastics Center.

#### **SUMMER SESSION 2012 DATES**

June 4 – August 11

NO CLASSES:

Monday - Friday July 2-7

Fees have been adjusted according to the number of classes on each day.

#### **Class Cancellation**

Classes are subject to cancellation if fewer than 4 participants register.

## Make-up Classes

All classes are fee-supported. We are unable to offer make-up classes or credits for missed classes.

#### DATES TO REMEMBER

July 2-7	4 <sup>th</sup> of July Break Week – NO	classes
July 4	Holiday – Office Closed	
August 4	Registration for Fall 1 Sess.	3:00 pm
October 13	Registration for Fall 2 Sess.	3:00 pm

# PRESCHOOL CLASSES

## Tumble Tots - age 2 - 3 1/2

Each child in the class must have one adult to work with him or her individually. No siblings are allowed in the class without a second adult. Children participate in fun locomotor, exploratory, and gymnastics activities.

54583	Mon	Jun	4-Aug 6	10:00-10:45 AM
54584	Mon	Jun	4-Aug 6	11:00-11:45 AM
54585	Fri	Jun	8-Aug 10	10:00-10:45 AM
54586	Sat	Jun	9-Aug 11	9:15-10:00 AM

## Tumble Kids 3 - age 3

This class for boys and girls age 3 helps children develop locomotor, social, and listening skills through a variety of fun activities.

54542	Mon	Jun	4-Aug 6	3	12:30- 1:15 PM
54543	Mon	Jun	4-Aug 6	ŝ	3:30- 4:15 PM
54544	Mon	Jun	4-Aug 6	6	5:30- 6:15 PM
54546	Mon	Jun	4-Aug 6	6	6:30- 7:15 PM
54547	Tue	Jun	5-Aug 7	7	11:30 AM -12:15 PM
54549	Tue	Jun	5-Aug 7	7	3:30- 4:15 PM
54548	Tue	Jun	5-Aug 7	7	5:30- 6:15 PM
54550	Wed	Jun	6-Aug 8	3	11:30 AM -12:15 PM
54551	Wed	Jun	6-Aug 8	3	12:30- 1:15 PM
54552	Wed	Jun	6-Aug 8	3	3:30- 4:15 PM
54553	Wed	Jun	6-Aug 8	3	5:30- 6:15 PM
54554	Thu	Jun	7-Aug 9	9	4:30- 5:15 PM
54555	Thu	Jun	7-Aug 9	9	6:30- 7:15 PM
54556	Fri	Jun	8-Aug 1	0	11:00-11:45 AM
54557	Fri	Jun	8-Aug 1	0	12:30- 1:15 PM
54926	Fri	Jun	8-Aug 1	0	3:30- 4:15 PM
54558	Sat	Jun	9-Aug 1	1	10:15-11:00 AM
54559	Sat	Jun	9-Aug 1	1	11:15 AM -12:00 PM
54560	Sat	Jun	9-Aug 1	1	12:45- 1:30 PM

#### Tumble Kids 4 - age 4

This class for boys and girls age 4 helps children develop locomotor, social, and listening skills through a variety of fun activities and challenges.

54561 54562 54563 54564 54565 54566 54567	-	Jun Jun Jun Jun Jun	4-Aug 4-Aug 4-Aug 4-Aug 5-Aug 5-Aug 5-Aug		10:00-10:45 AM 1:30- 2:15 PM 3:30- 4:15 PM 4:30- 5:15 PM 11:30 AM -12:15 PM 12:30- 1:15 PM 4:30- 5:15 PM
54570 54571 54572 54573 54574 54575 54577 54578 54579 54580	Thu Thu Thu Fri Fri Fri Sat	Jun Jun Jun Jun Jun Jun Jun Jun	6-Aug 6-Aug 7-Aug 7-Aug 7-Aug 8-Aug 8-Aug 8-Aug 9-Aug 9-Aug	8 9 9 10 10 10	6:30 AM - 7:15 PM 10:00-10:45 AM 3:30- 4:15 PM 5:30- 6:15 PM 10:00-10:45 AM 12:30- 1:15 PM 4:30- 5:15 PM 6:30- 7:15 PM 10:15-11:00 AM 11:15 AM -12:00 PM
54581 54582	Sat Sat	Jun	9-Aug 9-Aug	11	12:15 AM - 1:00 PM 1:45- 2:30 PM

# 5-YEAR OLD CLASSES

## Gym Kids - age 5

For boys & girls age 5. This class is an introduction to basic gymnastics positions, skills, and activities on all pieces of apparatus.

54436	Mon	Jun	4-Aug	6	12:30- 1:15 PM
54437	Mon		4-Aug		3:30- 4:15 PM
54461	Mon	Jun	4-Aug	6	4:30- 5:15 PM
54922	Mon	Jun	4-Aug	6	5:30- 6:15 PM
54492	Tue	Jun	5-Aug	7	11:30 AM -12:15 PM
54501	Tue	Jun	5-Aug	7	12:30- 1:15 PM
54514	Tue	Jun	5-Aug	7	3:30- 4:15 PM
54525	Tue	Jun	5-Aug	7	5:30- 6:15 PM
54526	Wed	Jun	6-Aug	8	11:30 AM -12:15 PM
54527	Wed	Jun	6-Aug	8	12:30- 1:15 PM
54528	Wed	Jun	6-Aug	8	4:30- 5:15 PM
54529	Wed	Jun	6-Aug	8	5:30- 6:15 PM
54530	Wed	Jun	6-Aug	8	6:30- 7:15 PM
54531	Thu	Jun	7-Aug	9	12:30- 1:15 PM
54532	Thu		7-Aug		3:30- 4:15 PM
54533	Thu	Jun	7-Aug	9	5:30- 6:15 PM
54534	Thu	Jun	7-Aug	9	6:30- 7:15 PM
54535	Fri	Jun	8-Aug	10	11:00-11:45 AM
54536	Fri	Jun	8-Aug	10	1:30- 2:15 PM
54537	Fri	Jun	8-Aug	10	3:30- 4:15 PM
54538	Fri	Jun	8-Aug	10	6:30- 7:15 PM
54539	Sat	Jun	9-Aug	11	11:15 AM -12:00 PM
54540	Sat	Jun	9-Aug	11	1:45- 2:30 PM

# **BOYS CLASSES**

# Boys Gymnastics - Level 1 - age 6-8

For boys ages 6-8. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, basic supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

54341	Tue	Jun	5-Aug 7	7	4:30- 5:25 PM
54342	Wed	Jun	6-Aug 8	3	11:30 AM -12:25 PM
54343	Wed	Jun	6-Aug 8	3	3:30- 4:25 PM
54344	Thu	Jun	7-Aug 9	9	3:30- 4:25 PM
54345	Fri	Jun	8-Aug 10	0	3:30- 4:25 PM

# Boys Gymnastics - Level 1 - age 6+

For boys ages 6 and up. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, basic supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

54338	Mon	Jun	4-Aug 6	6:30- 7:25 PM
54339	Fri	Jun	8-Aug 10	5:30- 6:25 PM
54340	Sat	Jun	9-Aug 11	12:45- 1:40 PM

## Boys Gymnastics - Level 1 - age 9+

For boys ages 9 and up. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls and handstands on floor, basic supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

54346 Wed Jun 6-Aug 8 6:30-7:25 PM

### Boys Gymnastics - Level 2 - age 6+

For boys ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skills include handstands & cartwheels on floor, supports, swings, hangs, and casts on pommel horse, high bar, parallel bars, and rings.

54347	Mon	Jun 4-Aug 6	5:30- 6:25 PM
54348	Tue	Jun 5-Aug 7	5:30- 6:25 PM
54349	Wed	Jun 6-Aug 8	4:30- 5:25 PM
54357	Thu	Jun 7-Aug 9	4:30- 5:25 PM
54358	Fri	Jun 8-Aug 10	4:30- 5:25 PM

## Boys Gymnastics - Level 3 - age 6+

For boys ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class introduces intermediate level skills on all pieces of apparatus. Skills include round-offs & handsprings on floor, supports, swings, leg swings, hangs, and circles on pommel horse, high bar, parallel bars, and rings.

54370	Mon	Jun 4-Aug 6	4:30- 5:25 PM
54371	Wed	Jun 6-Aug 8	5:30- 6:25 PM
54372	Fri	Jun 8-Aug 10	6:30- 7:25 PM

## Boys Gymnastics - Level 4 - age 6+

For boys age 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class introduces advanced level skills in a progressive manner on all pieces of apparatus. Skills include handsprings & saltos on floor, scissor swings on pommel horse, handstands on parallel bars, large swings on high bar, and front handsprings on vault.

54373 Thu Jun 7-Aug 9 6:30-7:25 PM

#### Boys Gymnastics - Level 5 - age 6+

For boys ages 6+. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues advanced level skills in a progressive manner on all pieces of apparatus. Skills include handstands and saltos on floor, scissor swings & circles on pommel horse, handstands on parallel bars, large swings on high bar, and front handsprings on vault.

54376 Tue Jun 5-Aug 7 6:30-7:55 PM

# **GIRLS CLASSES**

#### Girls Gymnastics - Level 1 - age 6-8

For girls ages 6-8. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, walks & changes of level on balance beam, supports and casts on uneven bars, and running & board drills on vault.

54400	Mon	Jun	4-Aug	6	11:00-11:55 AM
54401	Mon	Jun	4-Aug	6	3:30- 4:25 PM
54402	Tue	Jun	5-Aug	7	12:30- 1:25 PM
54924	Tue	Jun	5-Aug	7	3:30- 4:25 PM
54403	Wed	Jun	6-Aug	8	11:30 AM -12:25 PM
54404	Wed	Jun	6-Aug	8	3:30- 4:25 PM
54405	Wed	Jun	6-Aug	8	5:30- 6:25 PM
54406	Thu	Jun	7-Aug	9	11:00-11:55 AM
54407	Thu	Jun	7-Aug	9	3:30- 4:25 PM
54408	Thu	Jun	7-Aug	9	6:30- 7:25 PM
54409	Fri	Jun	8-Aug	10	1:30- 2:25 PM
54410	Fri	Jun	8-Aug	10	3:30- 4:25 PM
54412	Sat	Jun	9-Aug	11	9:15-10:10 AM
54413	Sat	Jun	9-Aug	11	10:15-11:10 AM

# Girls Gymnastics - Level 1 - age 6+

For girls ages 6 and over. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls & handstands on floor, walks & changes of level on balance beam, supports & casts on uneven bars, and running & board drills on vault.

54381 PM	Mon		Jun 4-	Aug 6	1:30- 2:25
54382	Mon	Jun	4-Aug 6	4:30- 5	:25 PM
54383			5-Aug 7		:25 PM
54384	Wed		6-Aug 8		1:25 PM
54409	Fri	Jun	8-Aug 10	1:30- 2	:25 PM
54385	Fri	Jun	8-Aug 10	4:30- 5	:25 PM
54386	Fri	Jun	8-Aug 10	5:30- 6	:25 PM
54387	Sat	Jun	9-Aug 11	1:45- 2	:40 PM

## Girls Gymnastics - Level 1 - age 9+

For girls ages 9 and up. This class introduces beginner level skills on all pieces of apparatus. Skills include rolls and handstands on floor, walks and changes of level on balance beam, supports and casts on uneven bars, and running & board drills on vault.

54923	Mon	Jun 4-Aug 6	6:30- 7:25 PM
54414	Tue	Jun 5-Aug 7	5:30- 6:25 PM
54415	Thu	Jun 7-Aug 9	5:30- 6:25 PM
54416	Sat	Jun 9-Aug 11	12:45- 1:40 PM

#### Girls Gymnastics - Level 2 - age 6-8

For girls ages 6-8. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skills include handstands and cartwheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running & board drills on vault.

54417	Mon	Jun	4-Aug	6	3:30- 4:25 PM
54418	Tue	Jun	5-Aug	7	4:30- 5:25 PM
54419	Wed	Jun	6-Aug	8	4:30- 5:25 PM
54420	Wed	Jun	6-Aug	8	6:30- 7:25 PM
54422	Thu	Jun	7-Aug	9	4:30- 5:25 PM

## Girls Gymnastics - Level 2 - age 6+

For girls ages 6 and over. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skills include handstands and cartwheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running & board drills on vault.

54423	Mon	Jun	4-Aug 6	4:30- 5:25 PM
54424	Thu	Jun	7-Aug 9	1:30- 2:25 PM
54425	Fri	Jun	8-Aug 10	4:30- 5:25 PM
54426	Sat	Jun	9-Aug 11	1:45- 2:40 PM

# Girls Gymnastics - Level 2 - age 9+

For girls ages 9 and older. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues beginner level skills on all pieces of apparatus. Skills include handstands and cartwheels on floor, leaps, jumps, and locomotor movements on balance beam, back hip circles on uneven bars, and running & board drills on vault.

54427	Tue	Jun	5-Aug	7	6:30- 7:25 PM
54428	Thu	Jun	7-Aug	9	5:30- 6:25 PM

## Girls Gymnastics - Level 3 - ages 6+

For girls ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class introduces higher beginner and intermediate level skills on all pieces of apparatus. Skills include round-offs and walkovers on floor, mounts, dismounts, and turns on balance beam, sole circles and squat ons on uneven bars, and body position drills on vault.

54429	Mon	Jun 4-Aug 6	5:30- 6:25 PM
54430	Thu	Jun 7-Aug 9	4:30- 5:25 PM
54431	Fri	Jun 8-Aug 10	5:30- 6:25 PM
54432	Sat	Jun 9-Aug 11	1:45- 2:40 PM

## Girls Gymnastics Level 4 age 6+

For girls ages 6 and up. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. This class continues intermediate level skills on all pieces of apparatus. Skills include walkovers & handsprings on floor, leaps, jumps, & turns on balance beam, front hip circles on uneven bars, and body position drills on vault.

54433 Sat Jun 9-Aug 11 1:45- 3:10 PM

# Girls Gymnastics - Level 4/5/6 - age 6+

For girls ages 6 & older. Students must have passed the requirements of the previous level or been evaluated for this level if new to the program. The class combines intermediate level skills and introduces advanced level skills on all apparatus. Skills include handsprings on floor, leaps, turns, and cartwheels on beam, front hips circles and glide kips on bars, and handsprings on vault.

54434 Mon Jun 4-Aug 6 6:30- 8:25 PM 54435 Thu Jun 7-Aug 9 5:30- 7:25 PM

# **CHEER GYM CLASSES**

#### Cheer Gym - Beginner - ages 6-8

For boys and girls age 6-8. This class focuses on the beginning tumbling skills and jumps used in cheerleading. Students also work on balance and jumping & landing from heights.

54379 Mon Jun 4-Aug 6 5:30- 6:25 PM 54380 Tue Jun 5-Aug 7 11:30 AM -12:25 PM

## Cheer Gym - Beginner - age 9+

For boys and girls age 9 and up. This class focuses on beginning tumbling skills and jumps used in cheerleading. Students also work on balance and jumping & landing from heights.

54367 Mon Jun 4-Aug 6 6:30-7:25 PM 54368 Tue Jun 5-Aug 7 12:30-1:25 PM

# Cheer Gymnastics - Inter./Advanced - age 6+

For boys and girls ages 6 and up. The class focuses on intermediate and advanced tumbling skills and jumps used in cheerleading.

54369 Wed Jun 6-Aug 8 12:30-1:25 PM